There is a lot of discussion and speculation in Russia on whether or not psychologists and psychotherapists can help an individual, but very few have any insight into the issue. Part of the problem is the fact that in a culture like Russia many people refuse to recognise any health issue that doesn't obviously physically affect an individual. In other words, if you liver isn’t failing, you’ll be fine. Little to no attention is paid to problems like dyslexia, anxiety, depression, ADHD and other mental disorders in this country, with many people not even recognising them as mental disorders, and if they are they at tribe it to an erroneous diagnosis. With little awareness also come numerous misconceptions. Somehow, against all reason, Freud is viewed not as the progenitor of the science, but as its god. However, him being a pioneer of psychoanalysis doesn’t make him an authority in psychotherapy, and there is certainly no need for nebulous philosophizing about whether or not some of his theories have been proven wrong. They have. But no one with a degree in psychology and a grain of self respect views freudian psychology as a serious or beneficial practice.

Psychotherapy has been perfected over the years and it is often the only way for a person with a mental condition to ever get better. It is not a matter that is up for interpretation or discussion any more than it is for whether or not surgeons can help people get better.